

"Festive Family Thanksgiving Cookbook"

Recipe

Vegetable Platter with Onion Dip



Vegetable Platter
Serves 8 ● Preparation time 20 minutes

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| 2 large carrots | 1 medium cucumber, peeled or unpeeled |
| 1 small cauliflower or broccoli head | 1 dozen cherry tomatoes or 1 small bunch of radishes |
| 2 celery stalks | |

Onion Dip
Serves 8 ● Preparation time 5 minutes ● Chill time 2 hour

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| 1 cup nonfat sour cream | ½ Tsp. garlic powder |
| 1 Tbs. dried onion flakes | ¼ tsp. salt |

Mix all dip ingredients together and chill for at least 2 hours. Scrub vegetables and then cut and slice then into pieces and place decoratively on a platter. When guests arrive serve the Vegetable Platter with Onion Dip as an appetizer.

Vegetables

Nutrition Facts Per Serving: 20 Calories, 19 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Onion Dip

Nutrition Facts Per Serving: 33 Calories, 89 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

